



## Brutal CIA torture tactics did not aid intelligence: Report

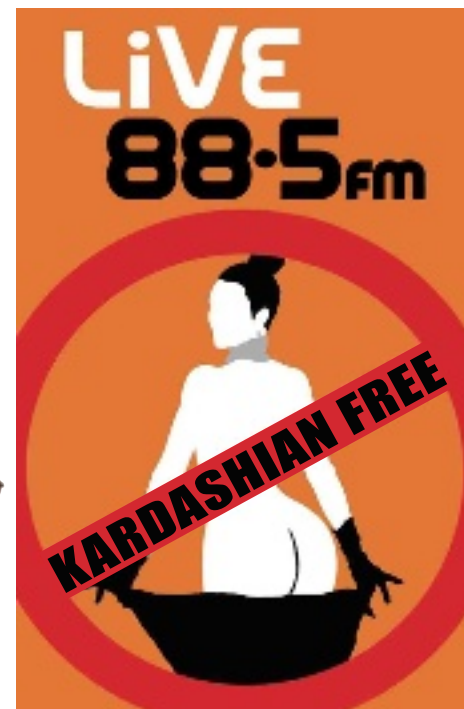
NDP calls for end to information-sharing policy in light of report **PAGES 8 & 10**

## Pay a parking ticket, then tickle the ivories

Baby grand piano donated to city hall for all to play **PAGE 4**

## JUST SMILE AND NOD

PAUL SULLIVAN PONDERES WHETHER ANY MEANING CAN BE DREDGED FROM THE U.S. ROYAL VISIT **PAGE 13**



# Tweed release no laughing matter

**'Nothing funny about it.'** Medical marijuana patients upset about grower's 'lighthearted' news release

**TREVOR GREENWAY**  
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Dozens of medical marijuana patients are upset over a recent media release sent out by Tweed Inc. that they say makes light of their debilitating illnesses.

In the release, the commercial medical marijuana producer evokes holiday marketing with the headline, 'Tweed Has You Covered for the 13th Day of Christmas,' and leads off the release with 'As people around the country prepare their homes for the holiday season, Tweed is decking the halls with a slightly different variety of greenery.'

While the company says the release was meant to in-

ject some humour into a serious matter, those who suffer from multiple sclerosis, fibromyalgia and cancer aren't laughing.

"You are supposed to be a pharmacy to me and provide me my life-saving medication and I'm not joking about it," said Ottawa resident Suzi Strand, who suffers from multiple sclerosis, fibromyalgia and trigeminal neuralgia, commonly referred to as the "suicide disease."

"I'm not in a wheelchair right now because of cannabis. I am not dead from accidental overdose today because of cannabis. There is nothing funny about it," said Strand, who has been a patient since 2007. She said the release solidified her perception of licensed producers: that they care more about profit than patients.

"You wouldn't see (pharmaceutical companies) advertising 13 days of oxycodone."

Other patients weighed in on Facebook, saying the release was in "bad taste." Some said they could understand if

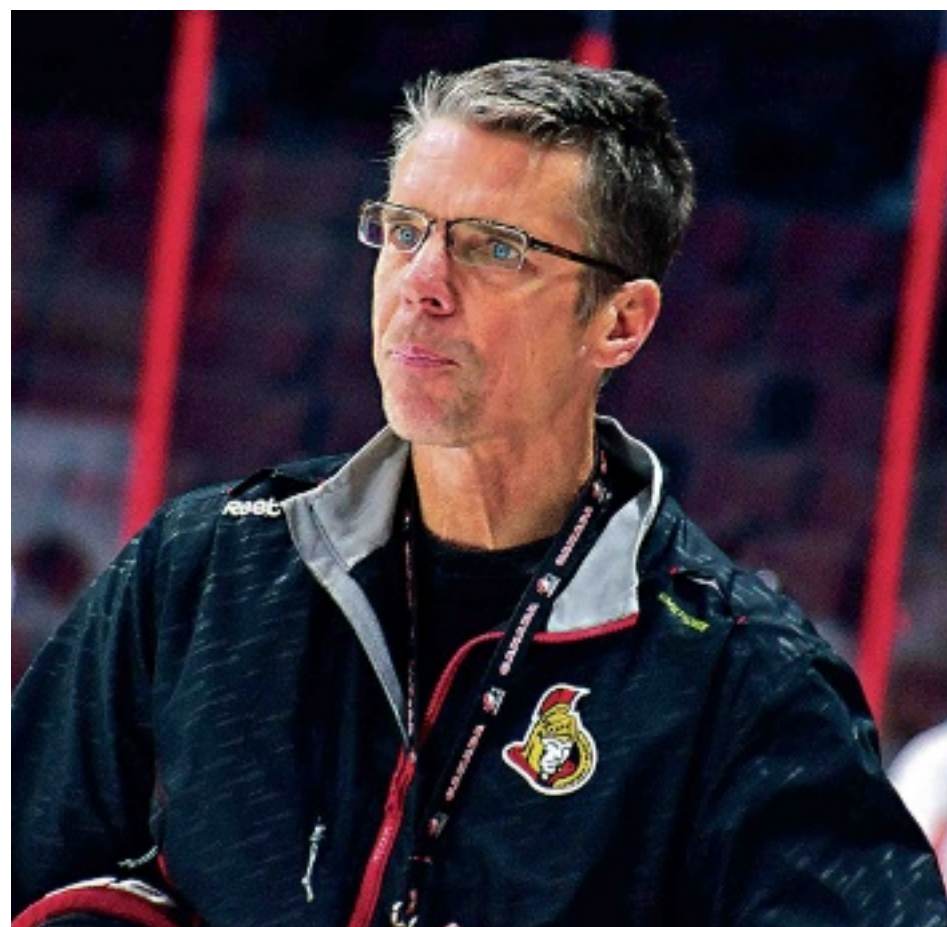
it was a pot shop promoting their product in Colorado, where it is a legal recreational drug.

Tweed executive vice-president Mark Zekulin said the firm hasn't heard any complaints from customers, but said he's concerned if others took offence.

"If every once in a while we try to use a slightly lighter entrance point into the conversation, it's always with the best intentions of trying to move the dialogue forward on education and research," he said.

Zekulin referred to medications like Viagra and Cialis and their "tongue-in-cheek" advertisements that use humour to talk about the perhaps embarrassing and serious issue of erectile dysfunction.

"The goal was really just to keep things a little interesting, a little different, a little lighthearted. The point we are really trying to make is that our next harvest has come in and coincidentally it's the month of December."



## MEET THE NEW BOSS

New Senators coach Dave Cameron conducts his first practice Monday at the Canadian Tire Centre. For more on his plan to turn the Sens around, see pages 3 and 23. **TREVOR GREENWAY/METRO**

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## MacLean. Ex-coach says he has 'no regrets'

Despite being fired for his team's lack of performance, former Senators coach Paul MacLean said he has "no regrets" to look back on during his tenure in Ottawa.

Speaking to media a day after he was sacked, MacLean said he did his best to push the Sens back into a playoff spot, but, in the end, "your best players have to be your best players."

"I ain't changing nothing that I did behind me and I don't regret anything I did, the way I did it, how I did it," said MacLean Tuesday during a farewell press conference at Canadian Tire Centre.

"I did it the best way I thought it would be to get the team to play in June. That's all it was about."

Senators GM Bryan Murray suggested he felt MacLean had lost confidence in the team after telling reporters that he was "scared to death" of facing players like Sidney Crosby and the Sedin twins. MacLean saying the comment was made in jest.

"I thought we'd lost four games in a row, I didn't think that we'd lost our sense of humour," he said, adding he had always kept his door open.

TREVOR GREENWAY/METRO



Paul MacLean spoke to reporters Tuesday about his firing.

TREVOR GREENWAY/METRO



New Ottawa Senators head coach Dave Cameron speaks to players at the Canadian Tire Centre Tuesday. TREVOR GREENWAY/METRO

# Dave Cameron holds first practice as Senators coach

**Message to players.**  
Team captain calls coaching change a 'wake-up call'



TREVOR GREENWAY  
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The first thing Dave Cameron told the Ottawa Senators as head coach was he had confidence the group could perform.

It's a stark contrast to recently fired coach Paul MacLean telling media last week he was "scared to death" of facing the likes of Sidney Crosby and the Sedin twins.

The new coach briefed media after his first practice Monday and said when a team is in turmoil, team systems are usually complicated. He says his job now is to simplify everything so players can focus on their roles.

"At the end of the day, you are as good as your players, a lot of times you are as good as your goaltending," he said. "I am all about team. The best team wins the championship. I challenge my players at everything I do and say."

Cameron agreed shots against are a "pressing issue," since Ottawa has given up the second-most shots in the league this season behind only the Buffalo Sabres.

But he has a plan.

"There is a couple of ways to attack it ... You spend less time in your zone, so that means you have to have a better forecheck, we have to get a hold of more pucks in the offensive zone, we need to get through the neutral zone," he said.

But he recognizes strong league teams are going to create scoring chances.

"It's about positioning — being in the right spot and inside that spot you have to win your one-on-one battles, because that's what hockey is about," he said.

"The Sedins, Crosby — those guys are going to create chances. The ones we have to eliminate are the ones that are unfocused."

Cameron said he doesn't think captain Erik Karlsson needs to make any severe changes to his play, and added that he doesn't want to limit his home runs, but he wants to limit his "strikeouts."

Karlsson said the transition will be smooth, as the players know Cameron well from his assistant coach role over the past four years, but he said the firing has sent a message to players.

"Everybody knows him really well, he is a great guy and he is a great communicator," said Karlsson. "It's still a wake-up call and we, as a group, have to do better."

Cameron makes his NHL coaching debut Thursday against the LA Kings.

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**Sears**



Chamberfest pianist Jenna Richards plays Christmas music on Ottawa City Hall's new baby grand piano on Tuesday. The instrument was donated by Ottawa wine columnist Natalie MacLean. LUCY SCHOLEY/METRO

## City hall given 'a gift of music'

**#ottpiano.** Players are being asked to come down to 110 Laurier to share their talent on newly donated piano



LUCY SCHOLEY  
lucy.scholey@metronews.ca

Christmas music filled the Ottawa City Hall lobby Tuesday, as a pianist played on a newly donated baby grand piano.

Ottawa wine columnist Natalie MacLean said she donated the piano to the city because it was sitting unused at home.

"It does feel good to see it placed here and used. I was

feeling so guilty looking at it at home," she said. "It was just sitting there like a piece of furniture and it's not a piece of furniture. It's a gift of music and it brings people together, like today."

MacLean said she was initially hoping to donate the instrument to the National Arts Centre, but found out city hall was looking for a piano. Last year, the city found having a piano at 110 Laurier was popular with the public and wanted to continue the tradition.

The Capital City Chorus joined Chamberfest pianist Jenna Richards in playing Christmas music on Tuesday.

Mayor Jim Watson even played a few chords of Jingle Bells, noting that anybody can

come in and play while they're waiting to pay a parking ticket or get a marriage licence.

Along with the Sens Rink of Dreams and the Barbara Ann Scott Gallery, the piano helps make city hall a "people's place," said Watson.

"If we can give everyone from students to seniors a chance to come and play the piano and serenade people walking through this building, I think that's a great thing," he said.

The city is using the hashtag #ottpiano on social media to ask players to share their talent.

In January, the piano will be moved to the Horticulture Building at Lansdowne, and will return to city hall for the holidays every year.

## City braces for snowstorm

The city is preparing plows, salt and sand for a storm that's expected to drop about 15 centimetres on Ottawa starting Tuesday night.

Luc Gagné, manager of roads services with Ottawa's Public Works Department, said the city is trying to clear snow more efficiently and do better forecasting compared to last year's brutal winter.

"The city's weather patterns are changing, but the safety of residents is still our No. 1 priority," said Gagné.

According to Environment Canada, light snowfalls will start Tuesday night, become heavier through Wednesday and taper off on Thursday. The snow and "brisk northerly



A front-loader driver preps for the 15 centimetres of snow expected to fall on Ottawa Tuesday night through to Thursday. LUCY SCHOLEY/METRO

winds" will cause poor visibility on roads during that time.

Of the 6,000 kilometres of roads, city plows focus on high-priority routes like the Transitway and Highway 174. Arterial roads are next and it

could take up to 10 hours before the plows start clearing residential areas.

Gagné said drivers should not park on the roads or pass snowplows during storms.

LUCY SCHOLEY/METRO





Mayor Jim Watson says figuring out committee appointments is a bit like solving a Rubik's cube. LUCY SCHOLEY/METRO

# City shifts the chairs

**City hall.** Nomination committee recommends appointments for key municipal bodies

City council is starting to take shape, with councillors now nominated for each committee, board and municipal group.

There are a few shakeups among the 15 veteran councillors, and one of the eight rookies elected has been named to the new role of sports commissioner, according to a nomination committee that made the recommendations Tuesday.

Choosing which councillor will sit on what committee is like figuring out a Rubik's cube, according to Mayor Jim Watson.

"What you have to do is to try to balance everything from gender to language to geography to skill set," he said, following the meeting on Tuesday.

Councillors listed their top priorities in a survey earlier this month, which the nomination committee then considered.

Coun. Diane Deans's wish for a move from the Transit Commission chair has been granted. She will return to the community and protective services committee and replace former chairman Coun. Mark Taylor.

Cumberland Coun. Stephen Blais will move into the transit chair, a wise choice given the high transit ridership in the city's east end.

"I believe working on the Transit Commission for the next four years will be a lot of hard work, but also a lot of fun," said Blais in an email to Metro.

## Details

### Other committee recommendations:

- Eli El-Chantiry remains chair of the Ottawa Police Services Board and also becomes vice-chair of the finance and economic development committee.
- Tim Tierney becomes chair of the Ottawa Public Library Board.
- Keith Egli stays on as transportation committee chair.
- David Chernushenko will chair the environment committee.

While Taylor has been bumped from community and protective services, he has been named deputy mayor alongside Bob Monette. It's an English, west-end complement to an east-end francophone.

Coun. Jan Harder will head the planning committee after Peter Hume resigned from council.

As for new councillors, Tobi Nussbaum will chair the built heritage subcommittee.

Jody Mitic, an Afghan war vet who competed on The Amazing Race, will be the first to try out the new sports commissioner role.

Couns. Mathieu Fleury and Jean Cloutier form a new task force for Canada's 150th anniversary celebrations in 2017.

Council still needs to approve the committee member appointments at Wednesday's meeting.

LUCY SCHOLEY/METRO

## Franck Gervais

### New court date set for accused soldier impersonator

A new court date has been set for a Quebec man accused of impersonating a soldier during last month's Remembrance Day ceremony at the National War Memorial.

A lawyer for Franck Gervais appeared in court on his behalf on Tuesday, where the case

was put off until Jan. 6.

The 32-year-old Cantley, Que., resident was charged shortly after a CBC television interview on Nov. 11.

Following the broadcast, Canadian Forces servicemen and veterans raised questions about his identity, and whether he was — or had ever been — a serving soldier.

Gervais faces charges including impersonating a public officer, unlawful use of a military uniform and unlawful use of military decorations.

Lawyer Claude Levesque refused to say how his client will plead, noting that he has not had time to review the Crown's evidence.

THE CANADIAN PRESS

## Downtown

### U of O approves plans for new learning centre

The University of Ottawa has

approved the construction of a new six-storey learning centre to be located in the heart of its downtown campus.

This new centre will feature 26 classrooms and more than 800 around-the-clock study and workspaces.

The new centre will also feature a food court with seating for 350.

Construction of the centre will begin this summer, with an anticipated opening in 2017, the university says.

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# Ottawa Fury U15 boys win North American Super Y championship

## Rumble in Florida.

First victory for boys' team was a decade in the making, says coach



**JOE LOFARO**  
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The Ottawa Fury FC U15 are returning home this week as champions after defeating the Alliance Academy for the Super Y League North American Championship title in Florida.

The 3-1 win against the Michigan team was also a historical one. The Fury U15 team became the first boys' team in the 12-year history of the club to secure the North American championship. It's also the second team of any kind in club history, after the U17 girls won in 2010.



The Ottawa Fury U15 celebrates after winning the Super Y League North American championship in Florida on Tuesday. COURTESY CASEY BROOKE LAWSON

For coach Steve Hill, Tuesday's win was 10 years in the making.

"Having attended about

10 of these over the last few years, we've had teams who have come close but never been able to get over the sort

of final hurdle," said Hill by phone from Florida.

"To accomplish that in this particular championship was

pretty sweet."

Starting the second half with a 3-0 lead, Ottawa was surprised by an early goal

from Alliance Academy.

It almost played out like the Fury's game against New York when it had a 3-1 lead and the opponent struck back with two more goals. The Fury was victorious then, too.

But it wasn't a breeze for Ottawa in the second half. One Fury member left the field after two yellow cards, and the team had to maintain a solid line of defence against a team that was "very direct in style, very athletic and very physical," according to Hill.

Fury FC Academy coach Darko Buser congratulated the team in a news release Tuesday, calling the boys winners in more than one sense.

"They have made the most of a tremendous opportunity in their development, playing against top opponents in meaningful games on a big stage," said Buser. "More than the result itself, they have developed a winning mentality."

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## Teen assault victim speaks at AFN election

With the support of her family, Rinelle Harper, second from left, stands after speaking at the Assembly of First Nations Election in Winnipeg on Tuesday. The Manitoba teenager, who was viciously assaulted and left for dead by the side of a river, has added her voice to the call for a national inquiry into missing and murdered aboriginal women. "I am Rinelle Harper and I am from the Garden Hill First Nation," the 16-year-old said tentatively. "I am here to talk about an end to violence against young (aboriginal) women." The assembly was honouring her with a drumming ceremony at the start of a three-day meeting in Winnipeg.

TREVOR HAGAN/THE CANADIAN PRESS

# End sharing of information derived from torture: NDP

**Canadian directives criticized.** A new U.S. report says that torture does not yield valuable information in fight against terrorism

The official Opposition pointed to a new U.S. report that discredits torture in renewing a call for the Conservative government to rescind its information-sharing policy.

The long-anticipated U.S. Senate intelligence committee report concludes the Central Intelligence Agency's use of simulated drowning, confinement in small spaces, sleep deprivation and threats of violence against family members did not yield valuable information in the post-9/11 fight against terrorism.

In the House of Commons,

New Democrat MP Peter Julian said Tuesday the conclusion to be drawn from the American report is simple: Torture doesn't work. However, Julian pointed out, the Canadian government has issued directives to several police and security agencies allowing them to use and share information derived using brutal methods.

The instructions give five federal agencies — the Canadian Security Intelligence Service, the RCMP, the military, Canada Border Services and the Communications Security Establishment — the go-ahead to exchange information with a foreign partner even when doing so may give rise to a substantial risk of torture.

The Canadian policy has drawn criticism from human rights advocates and opposition MPs who say it effectively condones torture, violating international law and Canada's United Nations commitments.

### Maher Arar

Maher Arar, a Syrian-born Canadian, was detained in New York in 2002 and shipped overseas by U.S. authorities, ending up in a filthy Damascus prison. Under torture, he gave false confessions about involvement with al-Qaida.

- A federal commission of inquiry, led by Justice Dennis O'Connor, concluded that

flawed information the RCMP handed to the Americans after the 9/11 attacks likely led to Arar's torture.

- O'Connor recommended that information never be provided to a foreign country where there is a credible risk it will cause or contribute to the use of torture.

The federal framework says when there is a "substantial risk" that sending information to — or soliciting information from — a foreign agency would result in torture, the responsible deputy minister or agency head should be consulted.

In deciding what to do, the agency head is supposed to consider factors such as the threat to national security and the

nature and imminence of the threat; the status of Canada's relationship with — and the human rights record of — the foreign agency; and the rationale for believing that sharing the information would lead to torture. **THE CANADIAN PRESS**

For more on the report from the U.S. Senate intelligence committee, see page 10.

## Veterans charter a 'Liberal policy': Harper



Prime Minister Stephen Harper  
THE CANADIAN PRESS

The new veterans charter, a marquee deal defended and championed by Stephen Harper's Conservatives since 2006, suddenly became a "Liberal policy" Tuesday as the government weathered more demands for Julian Fantino's resignation.

The veterans affairs minister, who was on his feet con-

stantly during the previous day's question period, rose infrequently on Tuesday in the face of an unrelenting barrage of NDP and Liberal attacks.

Instead, he was defended by Prime Minister Stephen Harper, who tried to put some political distance between his government and a class-action lawsuit in B.C. that argues the

charter is unconstitutional and discriminatory against modern veterans.

The charter was conceived and passed by Paul Martin's Liberals with the support of all parties. It was put into force by Harper's Conservatives as one of their first acts after forming a minority government in 2006.

**THE CANADIAN PRESS**





One of the long-lost vacation photos that was returned to Emily D'Mello of Surrey, B.C., who lost her camera underwater in Cuba three years ago. From left, Madisen Singer, Emily D'Mello and Hailey Olson. CONTRIBUTED

# Woman reunited with lost photos

**Facebook.** Scuba diver in Cuba found B.C. vacationer's camera and profile years later



**THANDI FLETCHER**  
Metro in Vancouver

When Emily D'Mello felt her camera slip out of her fingers into the ocean three years ago, she thought she'd lost her vacation photos forever.

"My dad had bought me this drop-proof, waterproof camera because I tend to break things," she told Metro, adding with a laugh: "But I still ended up losing it."

The Surrey, B.C., woman was vacationing with friends in Varadero, Cuba, in December 2011 when she was hit

by a wave on the beach that knocked the camera from her hands.

"We looked for it for about 20 minutes but it was long gone," she said.

But last week, D'Mello received an early Christmas present when she checked her Facebook inbox.

There, she was stunned to find one of the long-lost photos along with a message from Ruben Urquiza, who identified himself as a scuba diver in Cuba who had found her camera in the ocean about a year ago.

"I just thought it was insane," she said with a laugh. "It's like one of those things that you see on Facebook and think, 'That's not real.'"

Although the camera was "pretty damaged," the memory card inside had been preserved and, along with

it, D'Mello's vacation photos and videos.

Urquiza, who didn't immediately have Internet access, told her that he eventually managed to track her down online after finding identifying information on one of the images.

"I think I took a picture of my plane ticket, which had my name on it," she recalled.

On Tuesday, D'Mello said she was still in shock. She hopes to one day return to Cuba with her friends and to thank Urquiza in person.

In the meantime, she said she plans on sending a Christmas present to show him her gratitude.

"It's so awesome," she said. "I don't care about the camera. It's just so nice that, almost three years later, I'm getting to see all these photos again."

# Urine found in St. John's hospital water cooler

Health officials in eastern Newfoundland say it appears someone poured urine into the tower of a hospital water cooler used by staff and patients.

The Eastern Health Authority says the incident occurred between Nov. 24 and Dec. 2 at an outpatient clinic at St. Clare's Mercy Hospital in St. John's.

David Diamond, president and CEO of Eastern Health, says a substance later confirmed to be urine was discovered in the water cooler on the ambulatory treatment unit on the third floor of the hospital on Dec. 3.

Eastern Health says the supplier of the water cooler confirmed the cooler has safeguards to ensure that

liquid spilled into its tower does not contaminate the water bottle or dispenser.

Diamond says there is no health risk if people consumed water from the cooler.

Police have been notified and other water coolers have been tested and showed no signs of contamination.

THE CANADIAN PRESS

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# Torture did not make America safer: Report

**Misleading.** Senate committee says CIA deceived U.S. about methods' effectiveness

The United States brutalized scores of terror suspects with interrogation tactics that turned secret Central Intelligence Agency prisons into chambers of suffering and did nothing to make America safer after the Sept. 11, 2001 attacks, Senate investigators concluded Tuesday.

The Senate Intelligence Committee's torture report, years in the making, accused the CIA of misleading its political masters about what it was doing with its "black site" captives and deceiving the nation about the effectiveness of its techniques.

The report was the first public accounting of tactics employed after the Sept. 11, 2001, terrorist attacks, and it described far harsher actions than had been widely known.

Tactics included confinement to small boxes, weeks of sleep deprivation, simulated drowning, slapping and slamming, and threats to kill, harm or sexually abuse families of the captives.

But the "enhanced interrogation techniques" didn't produce the results that really mattered, the report asserts in its most controversial conclusion. It cites CIA cables, emails and interview transcripts to rebut the central justification for torture — that it thwarted terror plots and saved American lives.

### Quoted

**"We gave up much in the expectation that torture would make us safer. Too much."**

Sen. John McCain, who, unlike most of his fellow Republicans, welcomed the report and endorsed its findings



Senate Intelligence Committee Chair Sen. Dianne Feinstein, D-Calif., is surrounded by reporters on Capitol Hill in Washington, Tuesday as she leaves the Senate chamber after releasing a report on the CIA's harsh interrogation techniques at secret overseas facilities. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

In a statement, CIA Director John Brennan said the agency made mistakes and has learned from them. But he also asserted the coercive techniques "did produce intelligence that helped thwart attack plans, capture terrorists and save lives."

George Tenet, CIA director at the time, said in an interview that the program led to the capture of al-Qaida leaders.

Top Republicans, includ-

ing Senate leader Mitch McConnell, agreed. But not Democrat Harry Reid, the Senate

majority leader. He said, "It got us nothing except a bad name."

THE ASSOCIATED PRESS

### Revealed

#### Six major findings from the newly released summary:

- Interrogation techniques used on terror detainees were ineffective.
- Prison conditions and interrogations were more brutal than the CIA acknowledged.
- Much of the information the CIA provided to the media was inaccurate.
- Two psychologists who had no experience in interrogations or counter-terrorism invented the program that was used.
- The CIA actively impeded or avoided congressional oversight.
- CIA officials often gave inaccurate information to the Bush administration.

### Torture methods

## 'Enhanced interrogation techniques'

Thirteen interrogation methods are at the centre of the report:

**1. Abdominal Slap**  
Interrogator hits detainee with back of hand.

**2. Attention Grasp**  
Interrogator grabs detainee by the collar.  
**3. Cramped Confinement**  
Interrogator puts detainee in a box for up to 18 hours.  
**4. Dietary Manipulation**  
Detainee switched from solid foods to liquid.  
**5. The Facial Hold**  
Interrogator holds detainee's head so it can't move.  
**6. The Facial Slap**

**7. Nudity**  
Detainee forced to stand nude for prolonged periods.  
**8. Stress Positions**  
Detainee forced to hold uncomfortable poses indefinitely.  
**9. Sleep Deprivation**  
Detainee kept awake for up to 180 hours, often standing or in a stress position.  
**10. Wall Standing**  
Detainee made to stare at wall with arms out, indefinitely.

**11. Walling**  
Interrogator slams detainee against a wall, repeatedly.  
**12. Waterboarding**  
Detainee strapped to board or bench, interrogator pours water over face to simulate drowning.  
**13. Water Dousing**  
Naked, shackled detainees held down on tarp with cold water poured or hosed over them repeatedly.



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## Report. Ontarians to pay \$50B for electricity

People in Ontario are paying billions of dollars extra for electricity, thanks to a flawed smart-meter program and the above-market rates the province pays most power generators, Ontario's auditor general reported Tuesday.

Ratepayers will pay \$50 billion between 2006 and 2015 because of an extra charge on their electricity bills that covers the gap between guaranteed prices paid to contracted power generators and the market price, auditor general Bonnie Lysyk wrote in her annual report.

In her report Lysyk flagged Ontario's growing debt as a concern. The net debt was more than \$267 billion as of March and even if the Liberal government meets its goal of eliminating the deficit in 2017-18, net debt will have risen to \$325 billion, Lysyk projected.

Most residential and small business ratepayers pay time-

### Also in the report

- **Net debt.** Lysyk says Ontario's growing debt of \$267 billion is a concern for the province.
- **Child care.** One-third of licensed child-care operators over the last five years were not inspected before their licence expiry

of-use pricing, enabled by a \$2-billion smart-meter program that has so far spent double its projected cost and has not led to the government's electricity conservation goals being met, Lysyk wrote.

Peak electricity demand actually rose slightly between 2004 and 2010, the auditor general wrote, resulting in Ontarians paying more on their monthly electricity bills than first intended. **THE CANADIAN PRESS**

# Ottawa tackles price gap for goods sold in Canada, U.S.

**Price Transparency Act.** Legislation meant to name and shame those manufacturers that sell goods for more north of border

The federal government has announced new legislation that is meant to tackle the persistent price gap between goods in the U.S. and Canada.

The Price Transparency Act, tabled in Ottawa Tuesday, is designed to "name and shame" manufacturers and distributors that demand higher prices for goods in Canada, Industry Minister James Moore said.

"This legislation will not set or regulate prices in Canada," he told reporters at a news conference held at a Toys R Us store in Etobicoke.

The announcement follows through on a commitment the government made in its 2014 budget, following a Senate investigation into the reasons for the U.S.-Canada pricing gap.

The legislation would give the federal Competition Commissioner the power to collect evidence on so-called cross-



Two-year-old Finn Mowder listens as Industry Minister James Moore, background, makes an announcement in a toy store in Toronto on Tuesday. Moore announced legislation aimed at ensuring prices in Canada are not unfairly higher than those in the U.S. **COLIN PERKEL/THE CANADIAN PRESS**

border price gouging and publicly report its findings.

The commissioner of tools to investigate cases of alleged price discrimination and the power to compel the production of evidence to expose discriminatory pricing practices.

"We think this is an effective tool" that will result in "immediate downward pressure on prices," Moore said. "We believe those who are engaging in this practice ... will abandon it."

While there are some

legitimate cost differences between selling U.S. and Canadian goods, studies have shown that Canadians routinely pay between 10 and 25 per cent more than U.S. shoppers for television sets, cars and tires. **TORSTAR NEWS SERVICE**

### Market Minute

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## Hallmark drops 'swastika' wrap

Hallmark Cards Inc. has removed a line of gift wrap from circulation after a customer complained that she saw a swastika embedded in the design.

The Kansas City, Missouri-based company alerted retailers to the problem Monday after receiving a complaint Sunday night from a Walgreen's customer in Northridge, California.

The disputed wrap was featured in a Hanukkah display but Hallmark spokeswoman Julie Elliott says the

gift wrap wasn't intended for the Jewish holiday.

The Kansas City Star reports the gift wrap was distributed by Walgreen's, which is no longer selling it.


Elliott said in a news release that Hallmark didn't intend to offend anyone.

She said it was an oversight that no one at Hallmark noticed that intersecting lines in the paper could be seen as a swastika pattern.

**THE ASSOCIATED PRESS**




An example of the pattern used on gift wrap Hallmark took out of circulation. **COURTESY HALLMARK CARDS INC.**



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## VOICES

# THEY EVEN SMILE CAREFULLY

While trying to dredge any meaning or purpose of yet another British royal visit to America may seem like a tedious exercise in earnestness, as British Monarchy 2.0, Will and Kate deserve credit for saving the brand. Wait, what was the brand again?



**PAUL SULLIVAN**  
readers@metronews.ca

The Duke and Duchess of Cambridge, a.k.a. Will and Kate, have just finished wandering amiably, if somewhat aimlessly, around Manhattan, leading us all once again to wonder why.

I mean what was the point? To hang out with Jay-Z and Beyoncé at courtside to watch LeBron James? To make a speech about trafficking in endangered animal parts? To lay yet another wreath at the 9/11 memorial? To see how Kate handles being five months pregnant (with her usual poise and aplomb)?

Trying to dredge any meaning or purpose of yet another British royal visit to America may seem like a tedious exercise in earnestness. They're a nice enough young couple, which in itself is worth applauding when you consider other members of the family, including the Duke's own brother, Sir Harry Hinks, or his dad, the Prince of Embarrassing Things.

So rather than leave Americans with a bad taste in their

mouths from the last royal visit — Harry's assault on Vegas which failed to stay in Vegas — why not send that nice young couple? Everyone smiles and bows and then they go home for more of the same: Deferential adoration.

As British Monarchy 2.0, Will and Kate deserve credit for saving the brand — which is great until we start asking, "So what's the brand, again?" The bad old days made sense: Back when Charles



METRO PHOTO ILLUSTRATION

### Bobbleheads of state

As Paul McCartney famously wrote: 'Her Majesty's a pretty nice girl but she doesn't have a lot to say.' Which goes double for Will and Kate ...

and Diana were poisoning each other's PR and a Texas financier was sucking the Duchess of York's toes, the monarchy was collapsing like the corrupt spent force we all assumed it had become.

But now that the artlessly dignified couple has pulled its ashes out of the fire, the monarchy has become a force again. Three-quarters of her Majesty's subjects believe that it will survive at least until little Prince George is old enough to be king. Not so long ago, when Diana was getting riding lessons from the cavalry, the House of Windsor was under self-inflicted siege.

Too bad this post-modern Restoration takes us back to the safe, stuffy and utterly pointless exercise it had become under Queen E II. As Paul McCartney famously wrote: "Her Majesty's a pretty nice girl but she doesn't have a lot to say." Which goes double for Will and Kate, who even

smile carefully. Is that what the British people want for their annual royal subsidy of 36 million pounds? Closer to home, is that what Canadians want from our bobbleheads of state?

Poor Will is reduced to sticking up for a few other endangered animals, because he's constitutionally barred from saying anything about the real issues: Home-grown terrorism, unemployment, immigration — you know, the actual news headlines arranged around the celebrity photos of Kate's latest thrilling frock.

Irony, isn't it? The more civil the behaviour, the less relevant the Royal.

Maybe it's time to let Harry and Aunt Sarah out of the bag again and send them somewhere interesting, like Cannes or Rio.

It may be short, but it could be sweet.

# More than just books: Why libraries empower us all



**MIKE DONACHIE**  
Metro in Toronto

Take a look at our libraries, and you can read us like a book. Mention public services, and the mind leaps to health-care or police, or maybe garbage collection, transit or road repairs. Mention a library, and many people will think of a dusty building filled with endless shelves of battered tomes. They'd be wrong, at least nowadays.

But library services need to be at the forefront of modern public services, sweeping away

that dusty old image, and here's why. Libraries are far more important than many people think. They unlock our potential to learn, and modern times have seen them branch out to far more than just books.

In Toronto, for example, public library staff report that 72 per cent of citizens visited a library within the past year, with individual "uses" — and that's in every imaginable way — hitting almost 97 million in 2013. Interestingly, the city's engagement with paper books has been dropping steadily. In the decade to 2013, use of collections in-person at libraries

### Sweeping away that old dusty image

Mention a library, and many people will think of a dusty building filled with endless shelves of battered tomes. They'd be wrong, at least nowadays.

dropped by 27.3 per cent. But the use of electronic collections, including e-books, doubled in 2011, then 2012 and again in 2013. They now represent 10 per cent of the circulation of books in Toronto's libraries.

The trend is not limited to big cities. In neighbourhoods across Canada, libraries are feeding the appetite for infor-

mation in the information age.

A library is still a way to find information, but you can also make connections, attend events, hear music, access the Internet and more. There are educational programs, art exhibits, reading clubs, talks and social gatherings. You can find 3-D printers, toys and havens for newcomers, new mothers

and the elderly. Canada spends more than \$1 billion a year on libraries from public funds, at different levels of government, and has done so every year since 2008-09, according to Statistics Canada, and that shows the degree to which we value these institutions.

Calgary's building a beautiful new central library, at a cost of \$245 million, with a four-storey central atrium and a huge skylight to shed light on the more than half a million books the place will hold when it's completed in 2018. Halifax's new central library, costing more than \$50 million,

opens next week, and the excitement level is high.

Investment in library services is a measure of a society, and Canada's investment is in the future. With newcomers pouring in every year — in 2013, this country welcomed more than 270,000 new permanent residents alone — the need to learn is greater than ever before.

When the people of Canada improve themselves, Canada improves. So, as municipalities get ready to set their budgets for the coming year, they need to be kind to their libraries.

It's an investment in us all.



## Gossip

## NED EHRBAR

METRO'S TAKE ON  
THE WORLD OF  
CELEBRITIES



Jessica Alba ALL PHOTOS: GETTY IMAGES

## Sony hack reveals how celebs give aliases a bad name

The Sony hack is the gift that keeps on giving for fans of entertainment industry schadenfreude. While we certainly don't condone employees having their Social Security Numbers released or families threatened via email, there has been a certain degree of pleasure in seeing how they really feel about Adam Sandler movies. And the latest bit of info may be the best.

A document has surfaced featuring contact information used during filming, including the fake names

celebrities go by to remain undetected. And oh my, these are fantastic.

Some sound like dime-store detectives — ahem, Tom Hanks — while some like porn stars — looking at you, Tobey Maguire.

Some, like Ice Cube, just use their real-life names, which is boring. And Taye Diggs apparently just wants people to think he's someone related to Taye Diggs.

But the absolute best? Jessica Alba, who apparently goes by the code name Cash Money.

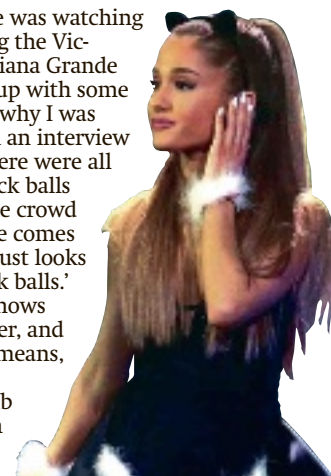
### Here's the list:

- Tom Hanks: Harry Lauder and Johnny Madrid
- Sarah Michelle Gellar: Neely O'Hara
- Tobey Maguire: Neil Deep
- Natalie Portman: Lauren Brown
- Clive Owen: Robert Fenton
- Rob Schneider: Nazzo Good
- Taye Diggs: Scott Diggs
- Jude Law: Mr. Perry
- Daniel Craig: Olwen Williams
- Ice Cube: Darius Stone and O'Shea Jackson
- Debra Messing: Ava Harper
- Jessica Alba: Cash Money

## Ariana's naughty aside a nice surprise for Sheeran

Apparently while everyone else was watching models strut the runway during the Victoria's Secret Fashion Show, Ariana Grande was making Ed Sheeran crack up with some risqué humour. "Can I tell you why I was laughing?" Sheeran explains in an interview with Elvis Duran. "Basically, there were all these big inflatable bouncy black balls that are bouncing around in the crowd on the finale bit. Ariana Grande comes and stands up next to me and just looks at me and goes, 'I love big black balls.' In my head I was like, 'If she knows what that means, then I love her, and if she doesn't know what that means, it's even better.'"

I'm going to go out on a limb here and guess that she does in fact know what that means.



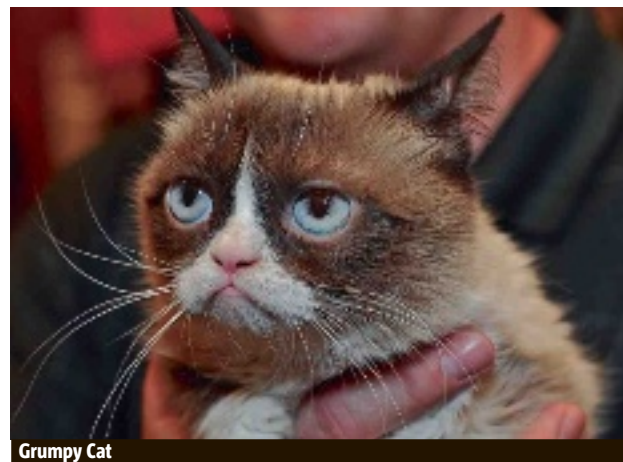
## Grumpy Cat purrs down a cool \$100M? Surly not!

Tell the Internet it can calm down, because that report in the Express about online sensation Grumpy Cat pulling in \$100 million? Let's just file that under "wildly inaccurate."

Proud owner of Grumpy Cat, Tabatha Bundesen, tells the paper, "I was able to quit my job as a waitress within days of her first appearance on social media, and the

phone simply hasn't stopped ringing since," which is either hyperbole or a terrifying way to live. But Bundesen tells the Huffington Post that while Grumpy Cat has pulled in plenty of cash thanks to appearances, endorsements and a new Lifetime Christmas movie, the Express is way off with its \$100 million claim.

But Lil Bub? That guy's totally a billionaire.



Grumpy Cat

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# Skulduggery and sex: This Marco Polo is no game

**Streaming.** Think GOT with martial arts as Netflix series follows 13th-century explorer on the Silk Road to the court of Kublai Kahn

**RICHARD  
CROUSE**  
scene@metronews.ca

A year ago, Edmonton-born actress Olivia Cheng says she was familiar with Marco Polo as an Italian traveller “and I obviously knew about the swimming pool game, but that is about it.”

Now, as the star of the new Netflix adventure series about Polo's early years, she's captivated by the story.

"When I saw the first script I said, 'Where's the second script? Then the third, fourth, fifth...'"

The handsome 10-episode season follows Polo's travels on the Silk Road to the court of Mongolian em-

peror Kublai Kahn.

It's a study of political skulduggery, greed and sexual politics, 13th-century style.

Imagine Game of Thrones with martial arts and an international cast headed by Rick The Fast and the Furious Yune and Joan Chen and you get the idea.

"All of my stuff was shot in studio in Malaysia," says Cheng, who spent five months on location.

"I've never had an opportunity to immerse myself so fully in a role and be able to focus like that. You're almost in a cocoon or a bubble, where you are constantly thinking about the story, constantly thinking about the nuances. I would often walk from set to set watching different scenes. I just got to immerse myself in the world of Marco Polo and experience a cultural adventure that I'm really grateful for."

The actress, who also plays Linda Park on *Arrow* and *The Flash*, says the show's elaborately tailored

wardrobe helped her find the character of Mei Lin, a royal concubine and martial arts expert.

"When you have the beautiful costumes, you are able to step into a world and suddenly it informs you," she says.

"That is a huge gift as an actor because a costume can make you move a certain way; you are in your body in a certain way because of the weight of the material. For me, I felt like it made me so much more graceful. You have to be, in order not to trip in those costumes."

But just as interesting as watching the world of Marco Polo being built was a scene where she tries to pull it all apart.

"I can't tell you how amazing it was to get to film *White Moon* — this epic fight scene with 200 extras all dressed in white," she says.

"I felt so grateful because I saw all the effort it took to create this world for me to run in and try and destroy it."



**Olivia Cheng, left, and Joan Chen star in a 10-part Netflix series about Marco Polo.** PHIL BRAY FOR NETFLIX



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# Snow much more than skiing

## Winter wonderlands.

Alpine sports are the big draw at many of these resorts, but they also do a good job of entertaining the chalet dwellers

It may seem that skiers hold a monopoly over winter. But luxury ski resorts are increasingly recognizing that winter doesn't only belong to snow bunnies by launching innovative new activities — think snow paragliding and igloo building — for their non-skiing guests.

For couples who have a hard time reconciling one person's ski needs and the other person's aversion to frozen toes and broken limbs, online booking site Trivago has curated a list of some of the most luxurious hotels that double as wintry fairylands.

### The Omni Homestead, Hot Springs, Va.

While your partner heads out to carve snow, take a soak in the outdoor, adult-only hot springs at The Omni Homestead tucked into the Allegheny Mountains. The property, which has hosted 22 U.S. presidents, sits on the largest private hot springs in Virginia. Once you're sufficiently warm and toasty, head over to the on-site movie theatre. Other activities include ice skating, snow tubing, and snowmobile tours.

### Les Airelles, Courchevel, France

Famed for its world-class skiing, the village of Courchevel 1850 is part of Les Trois Vallées, the largest ski area in the world. At Hotel de Charme Les Airelles, adventure seekers can explore the area by horse, snowmobile,



While skiers are hitting the slopes, non-skiers can soak in the mineral pool at The Fairmont Banff Springs. AFP FILE

snowshoe, or even helicopter. Gastronomes can look forward to Michelin-grade fare at Pierre Gagnaire for Les Airelles.

### The Fairmont Banff Springs, Banff, Alta.

It's called Canada's 'Castle in the Rockies,' for good reason. Guests have a slew of winter sports activities to choose from at the stunning, 19th-century property, including canyon ice walking, dog sledding, ice fishing, and the very Canadian sport of curling. Thaw out at Banff's hot springs or at the hotel's mineral pool.

### The Cambrian, Adelboden, Switzerland

This one's for the design hound who values the importance of esthetics. Contemporary and minimal in design with cowhide accents and luxury furnishings from B&B Italia, Porada and Knoll International, all rooms are equipped with a flat-screen TV, DVD player and Wi-Fi. Non-ski activities include snow tubing, winter hiking,



The St. Regis Aspen Resort boasts the best spa in the world, as named by Travel + Leisure magazine. AFP FILE

igloo building, ice climbing, night sledding, and even snow paragliding.

### St. Regis Aspen Resort, Aspen, Colo.

One of St. Regis's biggest non-ski assets is its Remede Spa, which holds the distinction of being named best spa in the world by Travel + Leisure magazine. After a tiring day on the slopes or snowshoes, guests can try out their innovative

new treatment, the Farm-to-Massage-Table, an interesting twist on the gastronomic farm-to-table trend. The concept uses locally sourced and natural ingredients in its treatment.

### Cristallo Spa & Golf, Cortina d'Ampezzo, Italy

About two hours from Venice, in the Dolomites mountain range, sits the Cristallo Spa and Golf, a luxury resort that's also renowned for its world-class

### Four Seasons, Whistler B.C.

As the largest ski resort in North America, the Four Seasons Whistler has earned itself a solid reputation among ski bunnies. But aside from skiing and snowboarding, the luxury resort offers another activity that's not exactly synonymous with winter: golf. On the 18th green, putters will be met with a PGA pro, board a private helicopter to fly 8,000 feet (2,438 metres), and undertake a glacier tee-off from the 19th hole. With tips from your personal PGA golf coach, participants get set to make their longest drive and slam their biodegradable golf ball into the abyss of the wintry Canadian mountain range.

spa that includes everything from anti-jet lag facial treatments and Lomi Lomi massage, characterized by slow, winding movements that evoke the rippling of waves for long-lasting relaxation. The hotel is near the Olympic bobsleigh track for non-skiing thrill-seekers.

### Montage Deer Valley, Park City, Utah

Montage Deer Valley only opened in 2010 but has already amassed a string of accolades from travel publications like Condé Nast Traveler and Travel + Leisure in categories like best hotel, spa and resort. This winter season, activities include cross-country ski, snowshoeing, tubing, ice-skating, snowmobiling, dog sledding, fly fishing and train rides. Guests can also visit nearby Utah Olympic Park to watch top athletes train in Nordic jumping, bobsled, luge and skeleton. AFP

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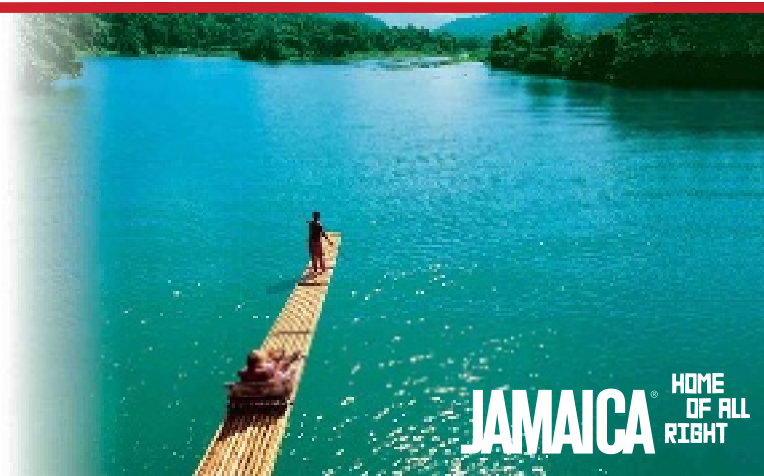
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# More to Miami than South Beach

**Travel time.** Known as a seaside playground, with ultra-chic hot-spots and sizzling beaches

VAWN  
HIMMELSBACH  
For Metro

While Miami is still synonymous with “fun and sun,” it’s also evolved into a more cosmopolitan destination over the past five years, with an emphasis on art and culture.

“We’ve always had the excitement of South Beach and the waterfront cafés, but downtown Miami has become another great destination,” said Rolando Aedo, CMO and EVP with the Greater Miami Convention & Visitors Bureau.

A few years ago, that was unheard of; the downtown core would empty out after the workday. Now it’s enjoying a renaissance, where you’ll see residents with baby strollers walking their dogs alongside some of the city’s best new restaurants, shops



Miami is still synonymous with fun and sun. While there’s plenty of that, the city also boasts much more. GREATER MIAMI CONVENTION & VISITORS BUREAU

and museums. Downtown Miami’s Museum Park, for example, houses the new Pérez Art Museum Miami (PAMM), designed by Herzog & de Meuron (the same architects that designed Beijing’s Bird’s Nest Stadium).

Just north of the downtown core is the Wynwood

Arts District, the epicentre of Miami’s creative community. Neglected warehouses and shuttered factories have been transformed into art galleries, performing arts spaces, antique shops and eclectic bars, and the area features one of the largest open-air street art installations in the world.

“Practically every building has a mural by a street artist,” said Aedo. “They’re being commissioned by (building owners) to wrap



Downtown Miami: It’s probably the only place in the U.S. where a man can get away with wearing a white blazer. GREATER MIAMI CONVENTION & VISITORS BUREAU

buildings in amazing street art.”

These neighbourhoods — as well as Miami’s heritage neighbourhoods, such as Little Havana and Little Haiti — have become destinations unto themselves, he said.

In Little Havana, visitors can stroll the sidewalks, have a shot of high-octane Cuban coffee and watch grumpy old men playing dominos. “It’s a truly authentic, organic experience,” said Aedo. And Little Haiti — which offers art galleries, eth-

nic food and indie music — is a burgeoning centre for small independent businesses.

The city has also been investing in infrastructure that makes it easier for visitors to get around. It spent \$8 billion to modernize its airport, which offers direct rail access to downtown Miami in 15 minutes, with free trolley and metro transit around the city.

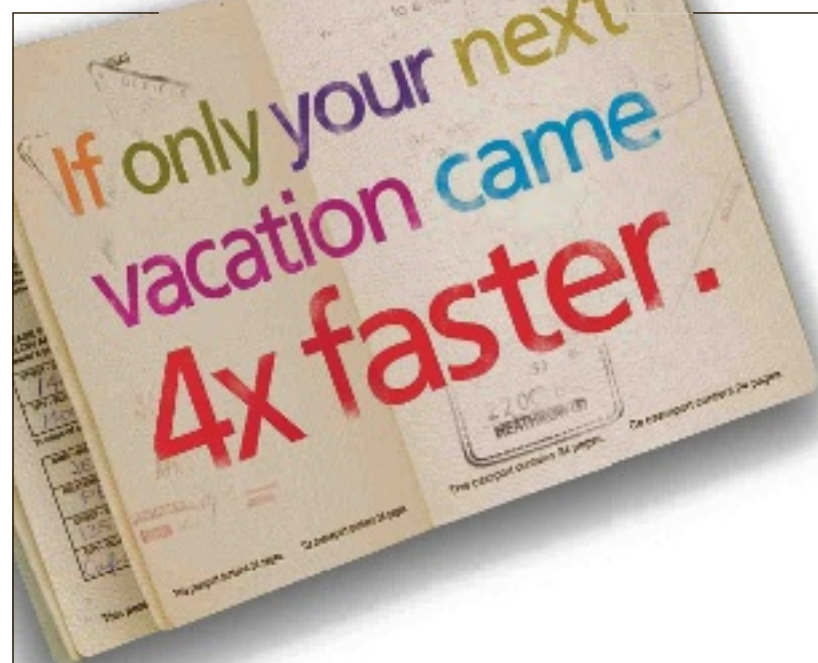
Miami currently has about 45,000 hotel rooms and is adding an additional 8,000 rooms

## Miami Temptations

- The Miami Temptations program showcases a unique Miami experience each month, offering discounts and deals for visitors. In August, for example, Miami Spice offers deals on three-course meals by world-renowned chefs, showcasing the best of Miami cuisine.

over the next five years. The Thompson Miami Beach — where art deco meets modern Miami — recently opened its doors, and Hong Kong’s EAST brand is set to open its first U.S. property in Miami’s downtown financial district in 2015.

But a visit to Miami would be remiss without taking in its iconic, art-deco hotels along South Beach. Back in the ’80s, these buildings sat empty and dilapidated. “We can trace our success (in the tourism industry) to the saving and restoration of those art-deco hotels,” said Aedo.



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# Manage your goals during the holidays

**Career.** 'Tis the season for stressful, stacked-up schedules. Here's how to figure it all out while still feeling festive.

CELINE  
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On the heels of Halloween and Thanksgiving, December brings with it the busiest time of year for most people.

Along with an already hectic work schedule, you now have holiday parties, a never-ending list of gifts to buy, holiday traffic to beat and travel plans — and you still have to deliver on every deadline.

It's easy to let work get sidelined and pushed off until things calm down. Good time management is critical to make sure you can follow through on all your commitments, while still enjoying the holidays.

Here's how you can effectively manage your professional goals during the busy holiday season, and set yourself up for success in the New Year.

## Make a list, and check it twice

If there was ever a time to truly embrace the to-do list, this is definitely it. Whether you use your Outlook calendar, an app, or pen and paper, commit to writing down every single obligation.

In addition to meetings and project deadlines, block out short chunks of uninterrupted work time where you don't check email or answer calls (when possible). Distraction-free work time does not exist during this busy time of year — unless you make it for yourself.



It's better to do the important things very well than try to take on everything at once. It will speak volumes about you as a professional if you can effectively prioritize. iStock

Include things that you might not usually put on your to-do list like shopping, parties, gym time, holiday baking, meal-prep, travel plans, and even when you plan to wake up and go to bed.

Scheduling every detail of your life may seem cumbersome, but seeing how you plan to spend all your time is

an extremely powerful tool, and will help you figure out how you can fit everything in. Or maybe it will reveal where you are needlessly wasting precious time each day.

As you complete each task, indulge in the satisfaction of crossing it off your list. These are small wins to be savoured every day.

## Prioritize, prioritize, prioritize

After making such a detailed to-do list, it's tempting to try to power through it as fast as possible and get everything done, but this often results in burnout or a series of half-done jobs that need to be reworked in the New Year.

Be honest with yourself

## Be realistic — know when to say 'no'

It's important to be realistic with yourself about how much you can get done.

- Despite your best intentions to be a productivity master during this busy season, everyone has limits.
- Take the time to really prioritize rather than just try to get as much done as possible.
- Pick your professional and social obligations carefully, and don't overcommit yourself. If you set the right priorities for yourself and stick to your to-do list, you can manage your professional goals during the holidays, and have a little fun, too.

## For the love of lists

Scheduling every detail of your life may seem cumbersome, but seeing how you plan to spend all your time is an extremely powerful tool, and will help you figure out how you can fit everything in.

about what items are critical and which are not.

## Get what you need from others

Business continuity is often a challenge during the holidays, with people on vacation or out sick.

You're more likely to get an out-of-office email than an actual response, so it can seem impossible to move projects forward or get any real work done.

The last thing you want is to miss an important deadline because you forgot to collect a key piece of work from someone who just went on vacation.

Make sure you know what deliverables you need

to progress your work, and follow up with people. Keep track of your team's and boss' vacation time so you schedule important meetings before they leave, and establish a contingency plan if something goes wrong.

Extend the same courtesies to others. Your boss may have approved your vacation, but gently reminding them is always a good idea so they aren't blindsided when you don't show up for two weeks.

## Don't put professional development on the back burner

Remember that stack of whitepapers you've been meaning to read? Or that industry holiday party that you still haven't RSVP'd to attend?

Despite competing demands for your time during the holidays, professional development should always be a priority for those who want to stay at the top of their game in today's job market.

Take advantage of your morning commute, long drives to visit out-of-town family, and vacation-bound flights to catch up on your industry reading, webinars, and to wish the people in your network happy holidays.

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Don't play favourites — especially if you're a manager. If you're considering getting gifts, make sure you get everyone on your team a little something. ISTOCK

# Getting ready for an office gift-giving

**Career.** The time for buying professional presents is nigh, but what on Earth will you be purchasing?

RIANA  
TOPAN  
TalentEgg.ca

Although it's wonderful to exchange gifts during the holidays, the process can also be stressful. This is especially true if you aren't sure about the protocol for gift-giving at work.

The nature of your interactions will dictate what kind of gift it's appropriate for you to give.

If your co-worker is someone you also consider a friend, or if you have a relationship with them outside of work, the gift you choose should be more personal.

If you have a strictly professional relationship with a col-

## Do include a card

- Use a card to express your gratitude for a co-worker's help, an employee's above-and-beyond performance, or a boss's mentorship over the past year. Chances are your words of appreciation will mean just as much as — if not more than — the gift you picked out.

gifts are generally meant to be tokens of appreciation, so keep things simple and relatively inexpensive.

## Don't choose gifts that are overly expensive

They can make other people in your office uncomfortable, make it look like you're trying to buy your way into someone's good books, or make the recipient feel like they have to reciprocate at the same level.

## Do review your office rules

Make sure you're not breaking any HR policies with your gift. If you're not sure about your gift, go with something else. Better safe than sorry.

## Don't make a show

If your company hasn't organized a gift exchange and you've only got presents for some of the people you work with, exchange them discreetly to prevent others from feeling left out.

league, you should choose an item that is more generic. If you don't know someone very well, opt for something the recipient can use at work like a calendar or fancy pen set.

Here is a list of dos and don'ts to help you choose appropriate gifts for your co-workers, boss, clients or employees.

## Do remember the spirit of gift-giving

Remember that workplace

# I'm scared to speak my mind at meeting time



OFFICE SPACE  
Eleni Deacon  
life@metronews.ca

Dear Metro,  
Everyone in my office has an aggressive personality — except me. I'm so shy that lately I'm finding it difficult to even speak in meetings. I want to share my ideas and opinions, but I'm nervous to get shot down by all the other, louder people. How can I get over my nerves?  
— Mute Wuss

Dear MW,  
So you're the anxious, silent type. You respond to your colleagues' squawks with no response at all. But here's a suggestion: You're not actually afraid of your co-workers. You're afraid of disappointing yourself.

By taking the focus off others and onto yourself, you take back control. Don't ask, "How can I impress those



Assuming that your co-workers are out to get you may ambush your chances of getting to know a great group of people. Say your piece and see what happens. ISTOCK

loudmouths?" Instead ask, "How can I be happy with my own contributions, regardless of how the loudmouths react?"

If possible, prepare. Bringing notes to your meeting, and even rehearsing beforehand, will help smooth over your stumbles.

In the moment, trap the butterflies in your stomach with clichéd but effective

calm-your-nerves techniques. Breathe deeply, count to 10, and have water on hand to sip away any croaks in your throat.

And if these methods don't work, just open your mouth and see what happens.

Because what's worse — your co-workers disliking your ideas, or thinking you have no ideas at all?

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# HOLIDAY GIFT CARDS

## 10 reasons to give

With just a few weeks left before Christmas, it's time to get serious about finishing your gift shopping. Have you considered getting friends or family members a gift card? While some people think they're a bit of a cop out, here are 10 reasons why Santa probably wraps up gift cards, too.

**1. EASY TO BUY.** If you don't enjoy shopping, buying a gift card online or from a store is simple and straightforward.

**2. TIME IS RUNNING OUT.** Gift cards are faster to buy than traditional gifts, according to a recent National Retail Council survey. According to Ottawa University student Kieran McKinnon: "In the super-stressful holiday season sometimes it becomes necessary to go for an approximation of what someone might like, rather than the actual thing."

**3. ALL ABOUT THE RECIPIENT.** Gift cards put the selection of gifts completely into the hands of the recipient. Says McKinnon: "Receiving a gift card gives someone the chance to choose exactly what they would like for Christmas." According to the NRC survey, more than half of us buy gift cards for this reason.

**4. A PERFECT SOLUTION.** If you know someone who has everything, a gift card is perfect.

**5. IT WON'T GO TO WASTE.** Let's say the recipient hasn't finished their shopping ... a gift card is one of the easiest gifts to re-gift.

**6. NO RESEARCH REQUIRED.** Giving a gift card is a thoughtful gesture even when you don't know the recipient that well.



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**7. A SPECIAL GIFT.** The person who receives a gift card has to buy something — and maybe something really special. Says Centennial College student Kelly-Celina Batris: "I like getting a gift card because it lets me buy things for myself that I might not have otherwise."

**8. MAKE NO MISTAKE.** There's no risk of disappointment with a 'wrong' gift or

anyone having to return anything.

**9. GOOD ON YOU.** Provided you think about which card to give and it's appropriate, giving a gift card shows you put in effort.

**10. PORTABILITY.** A gift card is easy to send to friends or family who live a long ways away.

**THINK OUTSIDE THE GIFT BOX THIS CHRISTMAS**

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## Breaking out of a comfort zone

Looking for unique gift options? It could be time to "breakaway" from tradition.

When gift cards first hit the scene, choices were limited — food, clothing, electronics and a handful of other consumer products. But that was then and this is now. Enter Breakaway Experiences, a new Ottawa-based company that's taken gift-giving to an entirely new level.

At [breakawayexperiences.com](http://breakawayexperiences.com), you'll find everything from golf packages and culinary tours to sky diving and stunt car driving.

"We think of ourselves as a one-stop destination for bucket list shoppers," says Dan Brennan, president, Breakaway Experiences.

The site offers something for everyone, including couples looking for the perfect romantic evening, outdoor enthusiasts searching for new challenges, and thrill-seekers

craving the ultimate adventure.

"One of our biggest sellers is our Stunt Driving Experience," says Brennan. "But if you're not quite ready to unleash the Dukes of Hazard within, you can choose from a wide variety of amazing experiences. Our site is the perfect destination for gifts you wouldn't typically buy for yourself, but that you would be excited to receive."

With Breakaway Experiences, gift giving is easy and flexible. The company's "buy now and book later" policy puts recipients in control in terms of scheduling. And, if the gift isn't quite the right fit, no problem — Breakaway Experiences' no-hassle exchange policy allows recipients to choose the adventure that's just right for them plus there is no expiry on the value of the experience.



# Do your gift cards a little differently

*Get creative, personalize it, and have fun*

• **PERSONALIZED.** Photogiftcard.com can help you make a prepaid and personalized gift card. Choose from the available gift card merchants, upload your image, add text, choose the value — and create the card.

• **COMBO GIFTS.** Get creative and wrap up a movie theatre gift card with an air popper and popcorn. Put a restaurant gift card in a takeout box. Fill a jar with the person's favourite candy and put a gift card down into the middle of the candy. Some retailers do it for you ... at Starbucks, for example, you can buy an ornament for the Christmas tree that holds a gift card.

• **EXPERIENCE.** Wrap up an experience card. For example, at sambadays.com, the gift giver chooses the package (such as 'adventure', 'explore and learn', 'golf') and the amount. The recipient has to activate the card and choose the experience ranging

from 'join a rock band' for \$875 to 'Latin dance lessons' for \$89 to a 'helicopter flight lesson' for \$299.

• **GIVE BACK.** At canadahelps.org, pick a design for the gift card, a value, and add your own message. It will be delivered or you can hand deliver it, and then the recipient chooses the charity (and you get a tax receipt). Or, give a \$100 gift card from the Centre for Addiction and Mental Health Foundation (camh.ca), which allows the recipient to decide which Gifts of Light to give.

• **DELIVERY INCLUDED.** Amazon.ca will package a gift card in a free gift box shaped like a snowflake and mail it. If you need faster delivery, go online. Mountain Equipment Company, for example, will help you design a gift card (at MEC choose an outdoor shot), select an amount, provide email information ... and the gift card will be delivered within 24 hours.



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# These aren't mom's breakfast pancakes



This recipe makes 32 blinis. EMILY RICHARDS

**Smoked Salmon Served on Buckwheat Blinis.** Impress guests with an appetizer that offers various textures



**DINNER EXPRESS**  
Emily Richards  
food@metronews.ca

Entertaining this holiday season will be super easy if you have a few great recipes to keep on hand — like these Blinis.

When planning a get-together make sure that you are not alone in preparing some fun food. Switch things up by making the dishes with your friends and enjoying the company.

Digging into tasty morsels with a great glass of wine, cocktail or bubbly will be even more enjoyable if you've bonded over making them.

These tender little pancakes are topped with lemon cream cheese and smoked sal-

mon. They are a perfect nibble for a night in with friends.

1. In a bowl, dissolve yeast in water and stir in 1 1/4 cups (300 ml) of the buttermilk; let stand for 10 minutes or until frothy.

2. In another bowl, combine both flours and salt. Sift flour mixture into the buttermilk mixture and stir until well combined. Stir in remaining buttermilk.

3. Whisk egg yolks into the batter. Cover and set aside in a warm place to rise for about 1 hour or until batter is bubbly.

4. Beat egg whites until stiff peaks and fold into the batter. Cover and let rise for 1 hour.

5. Lightly brush nonstick skillet with some melted butter and heat over medium high. Spoon 1 tbsp (15 ml) of the batter for each blini and cook for about 1 minute, until bubbles break through. Turn blini over and brown for another 30 seconds. Remove from pan, and place on a plate so they do not get soggy; repeat with

## Ingredients

- 2 tsp (10 ml) traditional active dry yeast
- 2 tbsp (30 ml) lukewarm water
- 1 3/4 cup (425 mL) lukewarm buttermilk
- 1 cup (250 ml) all purpose flour
- 1 cup (250 ml) buckwheat flour
- 1 tsp (5 ml) salt
- 2 eggs, separated
- 2 tbsp (30 ml) butter, melted
- 1/2 cup (125 ml) cream cheese, softened
- 1 1/2 tsp (7 ml) grated lemon rind
- 1 tsp (5 ml) lemon juice
- 1 lb (500 g) thinly sliced smoked salmon
- Chopped green onions (optional)

remaining batter.

6. In a small bowl, combine cream cheese, lemon rind and juice. Spread some of the cream cheese mixture onto the blinis. Roll sliced salmon around your finger to create a rosette and place on blini. Sprinkle with green onions to serve if desired.

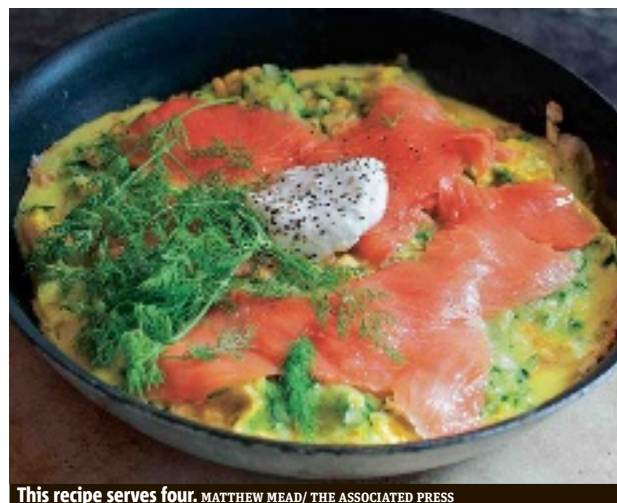
## Lunch. Open-faced Corn and Zucchini Omelette with Smoked Salmon

1. Heat the oven to 350 F.

2. In a colander, toss the coarsely shredded zucchini with 1/2 tsp of salt and allow to stand over sink for about 10 minutes.

3. In a large, oven-safe nonstick skillet, heat the vegetable or canola oil over medium. Add the chopped yellow onion and cook until it is golden, about 5 minutes. Set aside.

4. Using your hands, squeeze small handfuls of zucchini to discard as much water as possible. Add the squeezed zucchini to the skillet with onion. Return the skillet to the medium



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

heat and cook, stirring, for about 2 minutes.

5. Stir in the corn kernels, lightly beaten eggs and remaining tsp salt. Cook, lifting up the edges of the omelette to let the uncooked egg mix flow underneath, until the omelette is mostly set. Transfer the omelette to the oven and bake for 5 minutes, or until the top is

just set.

6. Meanwhile, in a small bowl combine the yogurt, lemon zest and lemon juice. Season with salt and pepper. To serve, cut the omelette into wedges and top each portion with a quarter of the salmon and lemon cream, as well as a sprinkling of dill.

THE ASSOCIATED PRESS

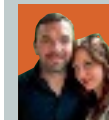
## Ingredients

- 1 lb zucchini, coarsely shredded
- 1 1/2 tsp kosher salt, divided
- 2 tbsp vegetable or canola oil
- 1 cup finely chopped yellow onion
- 2 cups fresh corn kernels
- 8 large eggs, lightly beaten
- 1/2 cup plain fat-free Greek yogurt
- 1 tsp each grated lemon zest/juice
- Ground black pepper
- 4 oz smoked salmon, cut into thin strips
- Chopped fresh dill, to garnish

## Food around the world

### Vietnam (vegan rating: 7/10)

*Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.*



**MEAT AND VEG**  
meatandvegontheroad.  
tumblr.com  
Photos: Suzi Staheli  
Words: Eoin Weldon

**Veg:** Veg didn't encounter many problems in Hanoi, Cat Ba Island and Quan Lan Island. A decent rice, veg and tofu dish was never hard to find. Her fave meal was at a vegan restaurant in Hanoi. It came in six separate portions: A bean-based chicken substitute, tofu in a spicy sauce, shredded mango salad, fried morning glory, rice with coconut shavings and a veggie broth.

**Meat:** I became acquainted with Pho. Our hotel on the ultra-remote and beautiful Quan Lan Island served the best fare and here I enjoyed handmade shrimp spring rolls complete with tangy dip along with a refreshing and tasty Pho Bo or beef Pho, which came loaded with tender steak slivers.

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#### NHL all-star voting

## Girgensons pulls well ahead of superstar pack

Buffalo Sabres forward Zemgus Girgensons is skating away with the NHL all-star game fan vote.

As of Tuesday, the second-year player has a league-leading 803,805 votes — double what he had a week ago. And Girgensons' total is more than the combined number of votes cast for the next two forwards: Chicago stars Patrick Kane (375,758) and Jonathan Toews (367,692).

Girgensons credits his popularity to his Latvian fans back home. He leads Buffalo with eight goals but has only 14 points, well behind the NHL-leading 35 points shared by Pittsburgh's Sidney Crosby and Dallas' Tyler Seguin.

The only limit on voting is fans can use the same device no more than 10 times a day. **THE ASSOCIATED PRESS**

#### MLB

## Samardzija traded to White Sox

The Oakland Athletics traded all-star right-hander Jeff Samardzija to the Chicago White Sox on Tuesday.

Right-hander Michael Ynoa also was dealt to Chicago. Oakland obtained right-hander Chris Bassitt, catcher Josh Phegley and infielders Rangel Ravelo and Marcus Semien.

Samardzija was 31-42 with a 3.97 ERA for the Chicago Cubs from 2008 until July 5, when he was traded to the A's. He went 5-6 with a 3.14 ERA for Oakland.

**THE ASSOCIATED PRESS**

#### Olympics

## Kosovo cleared to compete in 2016

Athletes from Kosovo will be able to compete at the 2016 Summer Games, after being granted full recognition on Tuesday by the International Olympic Committee.

The full IOC formally ratified a decision made in October by the executive board that clears the way for Kosovo to compete as an independent nation.

Kosovo, which declared independence from Serbia in 2008, becomes the 205th national Olympic committee recognized by the IOC.

**THE ASSOCIATED PRESS**



## Bell Centre tribute moves Béliveau's widow to tears

Elise Béliveau salutes the crowd as she stands next to her husband Jean Béliveau's empty seat during a ceremony prior to the Canadiens-Canucks game on Tuesday night in Montreal. The Bell Centre crowd stood and cheered for several minutes after a moving tribute to the legendary Habs captain, one of the team's iconic players and personalities who died last week at 83. **PAUL CHIASSON/THE CANADIAN PRESS**

# Cameron inherits tall task in playoff chase



**THE HOCKEY NEWS**  
Murray Pam  
ottawa@metronews.ca

Whispers around the rink Sunday evening were that win or lose, Senators coach Paul MacLean was on his way out. The club's recent five-game swoon fast-tracked general manager Bryan Murray's decision. Even a thrilling come-from-behind victory became an afterthought.

It's been well-documented MacLean was told in no uncertain terms to mend his ways with the players, especially after last season's disappointing result. Murray noted at Monday's media gathering that MacLean continued to single out players for their miscues in the public arena and the team had grown increasingly tired of his act. What appeared to be a heated conversation with captain Erik Karlsson caught on national television may have been the final blow.

If not this, MacLean probably sealed his own fate by undermining his former boss



**The Senators fired head coach Paul MacLean, right, on Monday. Dave Cameron, left, who was his assistant, was named as his replacement. GETTY IMAGES FILE**

Saturday stating, "I'm scared to death every day of who we are playing. Sometimes I'm scared to death of who I'm playing."

Management was also critical of MacLean's player usage. Jared Cowen, Mike Hoffman, Curtis Lazar and Mika Zibanejad the Senators' hottest scorer of late with 10 points in 10 games, have all taken seats in the press box. Cowen who's in the second of a four-year, \$12.4-million deal has been a healthy scratch on seven occasions. Don't

expect any of these players to sit out under new coach Dave Cameron's reign.

Cameron, a Senators assistant coach since June 2011 is known for his role as a solid communicator and was responsible for the club's power play. The Kildare Capes, P.E.I., native spent three seasons leading Binghamton and a pair of four-year stints with the Ontario Hockey League's Majors. Cameron was also on the staff of three Canadian world junior squads, including one as head coach.

The 56-year-old has his work cut out for him. The team has fallen on hard times of late — dropping out of a wild-card position. To get to last season's playoff threshold of 93 points, the Senators need to play at a .600 clip or 66 points in 55 games. It seems like a lofty goal. However, the club has played 13 of 27 games versus Western opponents to date — meaning 73 per cent of its remaining 55 matches are within the Eastern Conference.

Murray insists the Senators can still contend for a post-season spot. He has a few moves up his sleeve — working on possible trades. As for Dave Cameron, he can use all the help he can get.

#### Firing away

## 23

On Sunday against the Canucks, Erik Karlsson set an unofficial Corsi record by directing 23 shot attempts in one game. Karlsson had eight shots on goal, nine shots blocked and six shots miss the net.

**STATS COURTESY OF NHL.COM**

# 4 SPORTS



# Reds shown the door at Anfield

**Champions League.** Basel advances with draw as Liverpool exits despite another one of Gerrard's masterpieces

Basel advanced to the knockout stage of the Champions League and eliminated a 10-man Liverpool by drawing 1-1 at Anfield on Tuesday, with Steven Gerrard's latest moment of inspiration not enough to save the five-time champions.

The Swiss visitors secured the point they required to advance alongside Group B winner Real Madrid. Midfielder Fabian Frei put Basel ahead in the 25th minute with a low, angled strike.

Needing a victory to overtake Basel, Liverpool had half-time substitute Lazar Markovic sent off on the hour mark but Gerrard set up a grandstand finish by curling in a 20-metre free kick in the 81st.

Basel survived some nervous final moments, ensur-

ing Liverpool finished third and dropped into the Europa League.

The way things are going for Liverpool this season, it could be a while before the team is playing at this level again. And this may yet be Gerrard's swan song in the Champions League.

It was almost 10 years to the day that he scored a brilliant long-range goal for the Reds in the final minutes to seal a 3-1 comeback victory over Olympiakos in their final group game and progress to the knockout stage. They won the competition for the fifth time that season.

So often Liverpool's inspiration down the years, it seemed the 34-year-old Gerrard might propel the team

to another memorable comeback when he curled a free kick into the top corner to send Anfield into raptures. Ten minutes earlier, Gerrard almost earned Liverpool a penalty and it was the former England captain who led a late charge that came up just short, despite chances for Jordan Henderson and Martin Skrtel.

Before halftime, Basel had given a pedestrian home side — nervous at the back and static in midfield — the run-around at times.

The Swiss team has now lost just once in 10 Champions League games against Premier League opposition and again seemed to relish this lofty occasion in front of its boisterous fans.

THE ASSOCIATED PRESS

## Quoted

**"You always qualify over the six games, and unfortunately we haven't been good enough."**

Steven Gerrard after Liverpool's exit from the Champions League, with a record that includes a 1-0 loss in Basel in October and two to Madrid.



Liverpool's Slovakian defender Martin Skrtel bends down as Basel players celebrate advancing to the knockout stages of the UEFA Champions League after their 1-1 draw at Anfield in Liverpool, England, on Tuesday. Five-time champion Liverpool has been eliminated.

Scan the photo with your Metro News app to see more football action around Europe on Tuesday.

PAUL ELLIS/AFP/GETTY IMAGES

## Man City

### Aguero out for up to six weeks

Manchester City manager Manuel Pellegrini says striker Sergio Aguero could be out for up to six weeks because of ligament damage in his left knee.

Aguero was hurt in the second minute of City's 1-0 win over Everton in the Premier League on Saturday.

Pellegrini said Tuesday that Aguero has undergone a scan and could miss "four, five or six weeks."

THE ASSOCIATED PRESS

## 'It was really a scare'

### Pele discharged from hospital

After spending time in intensive care because of a urinary tract infection, Brazilian soccer great Pele left hospital Tuesday after a two-week stay.

The three-time World Cup champion said he is fine and joked about being one of three over-23 players at the Rio 2016 Olympics.

"Thanks to God everything is fine now. I have recovered," Pele said. "I'm already preparing for the Olympics."

THE ASSOCIATED PRESS

## Turf war. Alleged reprisals by FIFA added to court case

Players opposing the use of artificial turf at next year's Women's World Cup won a partial victory Tuesday when the Human Rights Tribunal of Ontario allowed them to amend their legal complaint to include allegations of reprisals against the women behind the claim.

But while noting such allegations of reprisals strike at the heart of the tribunal's process for enforcing human rights, vice-chair Jo-Anne Pickel rejected the players' request for a cease and desist order.

"The application has been amended to include the applicants' reprisal allegations," Pickel wrote.

The players allege that Mexican international Teresa Noyola and French internationals Camille Abily and Elise Bussaglia had been threatened with reprisals.

All three have withdrawn from the complaint. But Pickel, in ruling against the cease and desist order, noted that more women had taken their place.

The Canadian Soccer Association rejected the allegations. FIFA took no position, arguing that it had not been properly served with the legal complaint. Pickel dismissed that claim by FIFA in another interim decision Monday.

THE CANADIAN PRESS



Brazil's Marta, centre, and Abby Wambach of the U.S., right, are plaintiffs in the court case against FIFA and the Canadian Soccer Association.

KEYSTONE, WALTER BIERI/THE ASSOCIATED PRESS FILE

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## 2015 Subaru Legacy

- **Type.** Four-door, AWD midsize sedan
- **Engines.** 2.5-litre flat four (175 hp), 3.6-litre flat six (256)
- **Transmission.** Manual six-speed, automatic CVT
- **Price.** \$25,090 base, \$26,390 as tested

## Market position

Competitor to mainstream sedans, but with the Subaru differentiators of AWD and horizontally opposed engine designs (a.k.a. flat or boxer). Traditionally appealed to slightly cultish customers willing to pay a premium for AWD and non-flashy looks. Subaru is now trying to make Legacy appeal to a larger customer base.

## Points

- Legacy just named Best New Family Car Under \$30,000 by the Automotive Journalists Association of Canada.
- Same footprint as previous model, with the same engines, but increased space and fuel economy, aided by new aerodynamic styling, electric power steering, and active front grille shutters.
- The only vehicle in its class with standard full-time AWD.



The new cabin is roomy — front and back — and much quieter.

## Safety features

- Optional EyeSight system includes adaptive cruise control, pre-collision braking and throttle control, and lane sway and departure warning.
- AWD system can apply brake pressure to assist handling on corners.
- Optional steering-responsive fog lights, and rear/side vehicle detection system.

# Less quirky, more appealing

PHOTOS: MIKE GOETZ



**Review.** Subaru Legacy is now refined, roomy and quiet, trading its former niche status for a mainstream audience

MIKE GOETZ  
drive@metronews.ca

Nobody in the automotive world works a niche better than Subaru. Stuff all-wheel drive and a boxer engine into any vehicle format and presto! You've got yourself a Subaru, and a smallish but dedicated group of customers who will gladly partake, because they like being different, and they really like AWD.

But living in a niche can wear on you. They're small and cramped, and with poor ventilation and soundproofing — you can hear the crowds in the bigger suites laughing it up all hours in the morning.

So Subaru did the only sens-

ible thing when it came time to overhaul the Legacy sedan for 2015. It angled it more toward the sweet spot of the midsize sedan market, where huge crowds of North American buyers shop. The result is great midsize sedan, which looks and feels like more like the new Camry than the previous Legacy.

In fact, a Legacy 2.5i model was just named AJAC's Best New Family Car Under \$30,000, a category that included the new Toyota Camry and the new Chrysler 200. Those two were the match of Legacy in pretty much every category, except safety. Some of Legacy's high safety score was achieved by the optional Eyesight package, which includes adaptive cruise control and pre-collision braking and throttle control.

My base 2.5i tester didn't have those features, but did include a rear-view camera, cushion airbags and a standard AWD system that can apply brake pressure to the inside front wheel to assist cornering.



The Legacy's interior decor and features now match anything in its class.

Subaru was known for not sweating the interior decor and features as much as their powertrain and AWD systems, but the Legacy's new cabin matches anything in its class. The new interface with a 6.2-inch touchscreen is not too complicated, and includes knobs and buttons for major functions. The (finally) up-to-date audio system offers satellite radio, auxiliary input, steering-wheel controls, and

Bluetooth for smartphones and streaming audio. Nice.

The cabin is also roomy — front and back — and offers a level of quiet not previously associated with Subaru. Liquid-filled engine mounts, an acoustic windshield, lots of sound insulation, and a more aerodynamic body shape all contribute to the increased serenity.

That body shape is a bit generic to these eyes, and not one that will stand out in a

## Compare



**1 Ford Fusion SE AWD**  
Base price: \$31,399  
Only other midsize AWD sedan not from a premium brand.



**2 Toyota Camry**  
Base price: \$25,370  
Dependable and comfy, now with a bit more attitude.



**3 Chrysler 200**  
Base price: \$24,190  
All-new and aggressively priced.

crowded parking lot. All part of that plan to blend in more, I guess.

The 175-hp engine and CVT offer up no surprises, just thoroughly civilized propulsion entirely in keeping with the expectations of this mainstream segment. In combination with the new electric steering, which is precise but feels somewhat disconnected from the road, you have a laid-back but sorted-out driving experience that should appeal to easygoing drivers and their families.

The Legacy is much closer to its rivals than ever before, which is good for Subaru and good for lots of buyers, but maybe just a tiny bit sad for those of us who don't want diversification and quirkiness to completely disappear.

5 DRIVE



# Top up all the fluids, not just the gas tank

**Driving Force.** From engine and transmission oils to anti-freeze to windshield washer, your car is filled with liquids

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MCINTOSH  
drive@metronews.ca

Just as your body needs fluids to stay healthy, so does your car. Gasoline may seem to be the most important one, but there are some that are just as vital to the car's health, and others that can help with your safety.

"Make sure when you're getting your car prepped for winter that you've topped up your fluids," says Kevin McNamara, category business manager of automotive fluids for Canadian Tire. "Even when it's cold outside, your engine can overheat if fluids aren't moving through it."

Oil is vital to your car's health, since it lubricates the moving parts inside the engine and also helps dissipate



Topping up the engine oil is easy, but overfilling it can be almost as harmful as having too little oil. CONTRIBUTED

some of the excess heat it creates. Without oil, an engine could be irreparably damaged in less than a minute.

The oil should be changed and the oil filter replaced at

the intervals recommended by the auto manufacturer.

In between changes, it's a good idea to occasionally check the oil level, especially on an older car. Top it up if

necessary, but don't overfill it, since too much oil can also be harmful.

Synthetic oil is a good (if initially more expensive) choice, not just because it

lasts longer and needs to be changed less often, but also because its microscopic particles are more uniform and can do a better job of lubrication than conventional oil.

Engine coolant is commonly known as anti-freeze because its freezing point is well below that of plain water. It absorbs heat from the engine and then flows into the radiator, where it is cooled and sent back out to the engine in a continuous loop.

This fluid should be checked at least twice a year with a coolant tester to be sure it's still able to withstand cold temperatures. A technician can do this for you, but if you do it yourself, check it only from the coolant reservoir, never by opening the radiator cap.

You should always carry a spare jug of washer fluid and keep the reservoir filled, especially if you do a lot of highway driving, where it can be dangerous to pull over and fill it. You can go through it quickly when other vehicles splash salt up from the road,

## Fluid facts

- If your locks freeze, use lock de-icer; never warm water. Always keep the de-icer bottle with you, not stored in the glovebox.
- A car's "curb weight" is the weight of the vehicle plus all of its fluids, including a full tank of fuel.
- Other fluids your car may contain include transmission oil, power steering fluid, differential oil, brake fluid, and battery electrolyte.

which quickly dries to an opaque crust. All washer fluid will clean away the grime, but look for all-season or winter-specific options.

"Use fluid with a temperature rating for your province," McNamara says. "If you use summer fluid, it could freeze in the reservoir and potentially damage it."

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### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

If you dream about moving up in the world there is a chance that it might happen this week. At the very least you will lay the foundations for future success.

#### ♉ Taurus

**April 21 - May 21**

The restrictions you have been labouring under in recent days will fade over the next 24 hours. Your attitude will be more positive too, giving you a greater sense of freedom.

#### ♊ Gemini

**May 22 - June 21**

Stick to the facts today, especially when dealing with money. If you are tempted to make a decision for sentimental reasons it could easily backfire.

#### ♋ Cancer

**June 22 - July 23**

Today you will find it easier to be more outgoing and sociable and that's good because you have been a bit too self-obsessed of late. You're allowed to have fun — and look for love.

#### ♌ Leo

**July 24 - Aug. 23**

You have many good ideas but how many will amount to anything? If you are not sure which ones have selling potential ask someone who is likely to know.

#### ♍ Virgo

**Aug. 24 - Sept. 23**

All things are possible for you now, Virgo, so set your sights high and don't stop until you have reached your goal. You will be amazed how easily things come to you.

#### ♎ Libra

**Sept. 24 - Oct. 23**

Cosmic activity in one of the more sensitive areas of your chart could make you more emotional than usual but maybe that's no bad thing.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

What you say today will have far-reaching effects for months to come, so think before you speak and strive to be positive.

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

Turn your attention to financial matters. You may have spent a lot recently and with values planet Venus moving into the money area of your chart you must find ways to save.

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

The entry of love planet Venus into your sign today means you can expect good news concerning a long-term relationship. Difficulties will ease over the next few days.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

For someone who is confident you seem thin-skinned right now. Could it be because you realize that criticisms being leveled at you are true? Why not just admit you were wrong?

#### ♓ Pisces

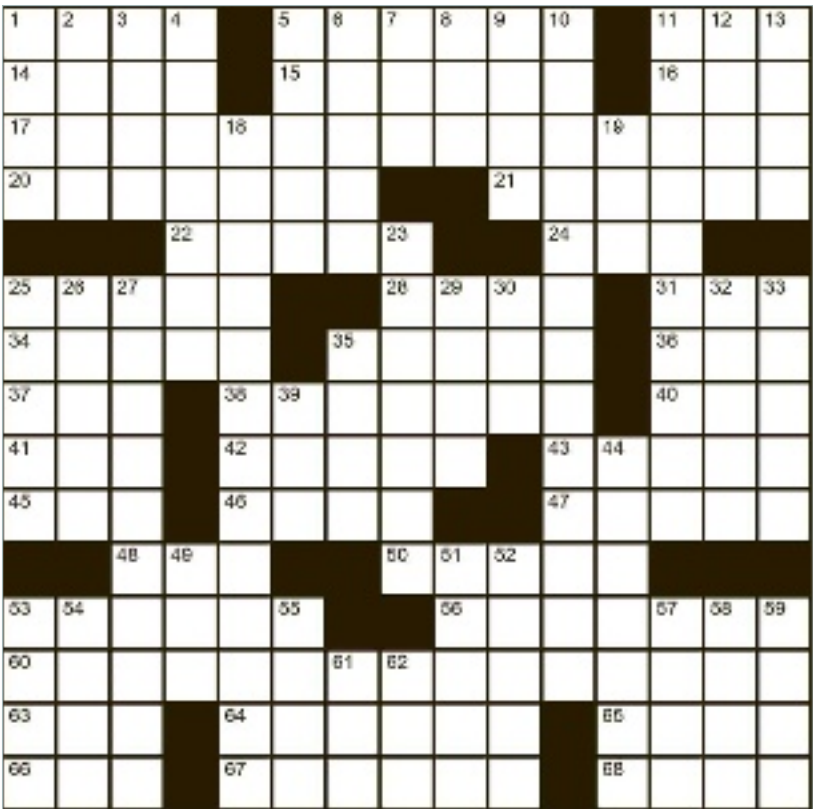
**Feb. 20 - March 20**

Put your worries behind you and have fun with your friends. Some will say you're neglecting your responsibilities but you can ignore them. You need to take a break.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Bugs Bunny's foe Elmer
5. Duty
11. Neil Young's "Old"
14. "Dies \_\_\_": Latin hymn
15. Shots \_\_\_ (Hockey statistics)
16. Rock-\_\_\_ (Classic jukebox company)
17. "\_\_\_-\_\_\_": Tragically Hip tune with the line "I stole this from a hockey card..."
20. Bruce Springsteen & The \_\_\_ Band
21. First season player
22. Assumed name
24. Nero's 511
25. Language of Sri Lanka
28. VIP's vehicle
31. Sports org.
34. John Hersey's bell town
35. Rice dish
36. "Gosh."
37. Marcel Marceau's clown
38. Demolishing one
40. Zippy dance
41. Tubular fish
42. Cloistered chaps
43. #41-Across ...in sushi bars
45. Regret
46. \_\_\_ Reader (Alternative press magazine)
47. Charles of "Gas-light" (1944)
48. French possessive



50. Little Richard's "\_\_\_ Up"
53. Certain chambers
56. Feminist Gloria
60. Canadian painter from Montreal (b.1906 - d.1993) ...her works include Harbours and Milkweed: 3 wds.

63. Sisqo's group, \_\_\_ Hill
64. Lemon juicer
65. Cupid's Greek counterpart
66. Drake's music
67. Vintage model for Chrysler
68. Gus Van \_\_\_ (Director)

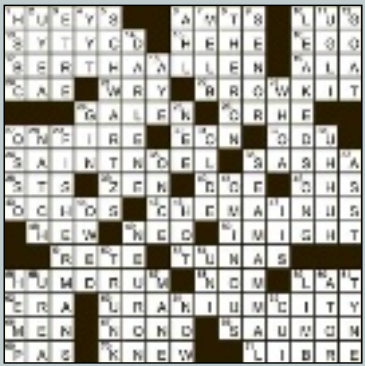
#### Down

1. \_\_\_ and drum (Marching band duo)
2. Mr. Geller's
3. Music duo, \_\_\_ Punk
4. Get off the choo-choo
5. Moviedom's Marisa
6. Ms. Ekberg
7. "Pretty Woman"

- (1990) actor ...his initials-sharers
8. Cyclades island
9. Impartial
10. As per #11-Down... bit of Lorde's song "Yellow Flicker Beat": "My blood is a \_\_\_\_, precious stones..."

11. "The Hunger Games: \_\_\_ - Part 1" (2014)
12. Jai \_\_\_
13. Scruff
18. Product by American food brand French's: 2 wds.
19. Night: Latin
23. More glossy
25. Southern Alberta town
26. "Bon voyage!"
27. Quebec is the world's biggest producer of what?: 2 wds.
29. Classes
30. Ms. West
32. Neutral tone
33. Norse sea god
35. Philadelphia's puny place
39. Decay
44. Posters
49. Prefix with 'dermis'
51. Small island
52. Prefix meaning 'feather'
53. RCN rank
54. Uncommon, in Latin
55. Snick-or-\_\_\_
57. Canadian painter Ms. Collyer (b.1898 - d.1979)
58. Collar type
59. \_\_\_. Helens, Wash.
61. Volkswagen slogan, \_\_\_ Auto.
62. 'I love', in Latin

### Yesterday's Crossword



### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



### Conceptis Sudoku by Dave Green

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Yesterday's Sudoku



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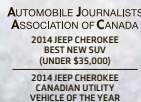
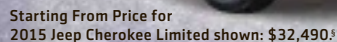
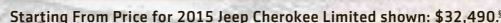
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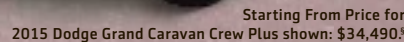
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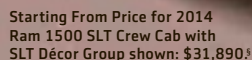
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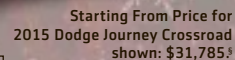
**OR  
CHOOSE**

**\$112**  
BI-WEEKLY  
FINANCING†

**3.99%**  
FOR 96 MONTHS  
WITH \$0 DOWN

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[illegible]